November 13, 2020
Issue #29

Pandemic Schooling at the Rudolf Steiner School

A Conversation with School Administrator Sian Owen-Cruise

The Crazy Wisdom Weekly

Photo by Benjamin Voros Unsplash

The Crazy Wisdom Weekly

The Winter Issue of *The Crazy Wisdom Community Journal* is near!

The extended deadline for FREE CALENDAR LISTINGS of workshops and classes for the January through April 2021 printed issue of the Crazy Wisdom Community Journal is Monday, November 16, 2020.

You may submit your listing by visiting crazywisdomjournal.com and submit online (via this link).

Calendar form questions? Contact Jennifer@crazywisdom.net

PAID ADVERTISING deadline is Monday, November 23, 2020. Advertising questions? Contact tana@crazywisdom.net.

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Thank you to our contributors for this issue:

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word of the week:

Ambivert

A person whose personality type is between extrovert and introvert.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

A 21st Century "Sabbath Day" Experiment

By Holly Makimaa

If you are a recovering type A like me, and someone asked you to take a Sabbath day every week to do nothing, you might start to feel your chest constricting and a stress response mounting in your body:

"Do nothing, won't that just leave more work piled up for later? When will I do my laundry, go grocery shopping, address that stack of bills, etc.? It sounds luscious, but how can I afford it? When can I fit in social time with loved ones, then?"

What if taking a Sabbath actually made all that is on your plate easier and relationships more fulfilling? Instead of a full plate feeling heavy, it could feel nourishing. I used to feel resistant to taking a day off, and now I don't know how I could live without a Sabbath. If you are thinking that by Sabbath I mean a highly rule-oriented day of do's and don'ts based on a religion, please keep reading because that is far from what I mean. Yes, a Sabbath does involve slowing down and refraining from constant activity, but it is more about a state of mind than said actions or non-actions.

In a recent Sabbath experience, I had chosen Saturday to stay close to home, enjoy the river by my apartment, write, read, and connect with what I most needed (including having a friend over for tea and deep conversation). I remembered, however, that I had to go to the store for a few groceries and return an item to a chain store retailer before the 30-day return policy expired. Initially I thought this might throw off the balance of peace I was feeling. Yet, as I approached my shopping with the attitude that I was there to simply be present to all that happened without hurrying or an agenda, I savored the colors, walked slowly, and mindfully through the store with its fluorescent lighting flickering — without feeling bothered as I might normally. When I checked out, I really looked at the cashier, marveling at the graceful way her freckled, dough-colored hands moved each item into my bag. I asked her how she was, sincerely open to her response, and wished her a good day from the fullness of my heart. I didn't leave my Sabbath, and it didn't leave me. Having time set aside to go inward helped me to be in the outward world with a heightened sense of appreciation for the deep connection to life I have — when I am mindful enough to engage it.

Leonard Felder, in the book the Ten Challenges, helped revitalize my understanding of the original purpose of the Sabbath and made it more appealing to me: 1) practice gratitude for life as it is now; 2) live believing in the mysterious perfection of the world already here on the highest level and yet to come on the practical level; 3) appreciate and celebrate all that you have. Cherish the gift of life in you and in those you love. According to Felder the Sabbath is a time set aside to try to quit trying to improve yourself, your circumstances or anyone else, and bask in the glory of this moment. It can be such a relief to let go of all that striving. Even in a world with complex and hard issues that need addressing, it is so good for our minds, hearts, and bodies to rest and take a break from trying to change life and tune into what actually will help to change it. As Einstein said, we cannot solve the world's problems on the same level of thinking that created them.

My mom has partial paralysis in her body from a stroke and has fallen a lot this year. It has been a source of great concern for me as to what I can do from several states away to help her access the care and support she needs. There comes a time, however, when I have to let go of fixing and recognize how grateful I am just to hear her voice, just to have beautiful memories with her and to share them, to not to try to solve all the issues for a day. I allow myself to rest in the Sabbath and see her wholeness and mine.

I find that when I rest in this way, I come back to my life's responsibilities with a freshness and perspective that actually enables me to take wiser and more directed action — and probably save a day's worth of time, too. You might be thinking, "What if I can't take a whole day, a half day or even a whole hour?" Perhaps you can start by taking a Sabbath walk. When I find myself pushing at an agenda for life instead of letting it flow, I take a mini-sabbath break and tune into gratitude for the ever-present groundedness of the moment holding each of us.

I would love to hear your experiments with taking a Sabbath. Feel free to leave your comments below or email me at hollymakimaa@gmail.com with your discoveries.

Read the story online

Forest Therapy: Embracing Nature, Connecting with Others

By Beth Solberg

On the night before winter solstice in 2017, I was part of a small group that set out at dusk from the parking lot at Matthaei Botanical Gardens, carrying paper globes as we entered the adjacent woods on a footpath. Our guide, Ann Arbor artist and art teacher Cayla Samano, had distributed the lanterns beforehand. As darkness came down around us, the light-sensitive globes turned on, bright white orbs in the shadowy woods. Ice and snow crunched underfoot. We took our time, Cayla reminding us not to rush, asking us to slow our pace.

When we reached a gazebo in the woods, she paused to check if everyone was warm enough and gave us our first "invitations" – carefully chosen prompts offered by the guide to help awaken the participants' senses. She began with hearing, first asking us to close our eyes: what was the most distant sound we could detect? The closest? After each question there was a long pause in which to see what our senses would turn up. Before asking us to open our eyes she said, "Imagine, as you open your eyes, that this is the first time you've seen the earth. What is it like to see for the first time?"

Following these first invitations, Cayla bent to pick up a twig from the path. She invited the group to share their reflections on this first round of exercises, a practice called "council," handing the first volunteer the twig as a speaking piece. After he spoke, he passed the piece onto the next person, and this continued until everyone who had wanted to share had spoken. The walk continued, and we had about two more rounds of invitations before returning the rather short distance to the Botanical Gardens. Invitations made use of the natural surroundings, including Fleming Creek, which beautifully traverses the woods. After each council, turning my senses again to the surrounding forest put me in a different headspace – it seemed that there was abundant time, as if my attention could be fully absorbed merely by what was around me in the woods. It brought me a deep sense of calm. For the final invitation, Cayla commented that although the winter woods may seem dead, in fact they are dormant, like fields left temporarily unplanted by a farmer. Before sending us to find an opportune place in the woods to meditate for a few minutes, she asked us to reflect on what it might be like to be fallow ourselves, to not expect ourselves to always be productive.

Once inside the humid greenhouses at the Botanical Gardens, Cayla pulled out a few thermoses of tea she had prepared at home, along with small ceramic cups, and served us tea. The tea ceremony, like the invitations and council, is a key element of forest therapy. It is a gentle way to transition back into everyday life from the contemplative mental state participants enter on the walk.

I visited Cayla at her Ann Arbor home to ask her some questions about the up-and-coming practice of forest therapy in the U.S. As an artist, former art teacher, and NOLS-certified wilderness first responder, I knew that she would have interesting things to say.

Beth Solberg: First of all, what is your background?

Cayla Samano: I taught elementary art for eight years, I have a bachelor's in visual arts education and fine arts, and I've been working as a freelance illustrator as well. I also teach at the Ann Arbor Art Center.

BS: What is forest therapy?

CS: Forest therapy is inspired by a Japanese custom called forest bathing (shinrin-yoku) practiced in Japan since the 1980s, which was promoted by the Japanese government to manage very high levels of stress in the population. They started doing research on ways to reduce cortisol, which is the hormone behind symptoms we associate with stress. Now there is a huge body of data around nature therapy and how your body interacts with nature. Phytoncides are chemicals that trees give off that interact with your body's immune system and boost your N-killer cell count. N-killer cells fight infections.

I feel this is a growing need that people are becoming aware of all over the planet. It's telling that this movement is happening now, when we're at the height of the technology wave, with technology in every aspect of our lives. What that means with handheld technologies is that we have less and less brain space

to be connected with our environments because we're always connected with an electronic data sphere rather than with the places where we physically are. Recent research is finding that technology is addictive, that there are dopamine reward cycles triggered by things like comments and likes on Facebook, that we become addicted to the technologies that are supposed to help us.

That's the biological part of forest therapy. The second part is cultural repair, which is what makes it different from a walk in the woods. Forest therapy guiding provides a safe experience for people who may never have been in nature. There is also the sharing and shared aspect of the forest walk. In the council circle, guides offer participants a way to reflect on their experiences without judgment, which is something they might not have in other areas of their lives. It's about the opening up of dialogue between people. The council aspect is unique to forest therapy as it is conducted by ANFT.

Part of the training for holding council is how to control your emotions. It's called omni-partiality, treating everyone's experiences with the same amount of respect. Shared experiences and mutual respect is the foundation of relationship building, in my opinion. A lot of our relationships can be so superficial and it can be hard to go beyond that, but forest therapy allows people to have shared experiences and it also allows for that deeper connection.

Forest therapy is also my way of working toward ecological awareness, doing my part to help people become more aware of nature so that they will protect it. I want to be part of the solution as opposed to the problem.

BS: What is the ANFT?

CS: It's the Association of Nature and Forest Therapy, based in California, started by Amos Clifford. It was founded in 2012. Amos combined the Japanese shinrin-yoku practice with his experience in wilderness guiding, Zen and other types of therapy. The mission of the ANFT is to bring nature into health and wellness and offer a way for people to come into an authentic connection with nature.

I just finished my certification with ANFT. They have certification programs all over the world, and they are similar to an immersive yoga training program. The programs are very rigorous, and are led by certified guide-trainers who have also gone through the program, often led by Amos himself. He's working on a book right now about forest therapy.

BS: What is an invitation?

CS: Forest therapy guides use invitations as part of the structure of the walk. They are prompts whose purpose is to give you a framework within which your experience can grow. That's why people are encouraged to modify invitations as needed, so an example of an invitation I might offer could be "meet a tree." "Go out, find a tree that interests you and introduce yourself and see what happens." So it's open-ended because I'm not telling you what type of experience you're supposed to have. You may find that you're exploring the tree with all of your senses and that's something you've never done before, and that becomes deeply profound. Or you may notice things about the tree that you've never noticed before because no one's given you permission to stay with one tree for ten minutes. It's about awakening all your senses to the experience of the world you live in.

Invitations are part of a standard sequence of events in forest therapy that gets you into a liminal space, opens up your senses so that you can experience the more-than-human world. There's a whole database of invitations (from the ANFT) and we also create our own.

You start noticing beautiful things that you've been missing, no matter how small, and I think that's a really good part of the ecological awareness that comes with forest therapy, greater awareness of each other and so on.

Forest therapy is also my way of working toward ecological awareness, doing my part to help people become more aware of nature so that they will protect it. I want to be part of the solution as opposed to the problem.
BS: What is the story behind the tea ceremony?

CS: The ANFT mentors sometimes say that the tea ceremony is a threshold that you cross when you come back from the walk. When you go out into the woods in forest therapy, you do an invitation about awakening the senses which is meant to move you into something called liminal space, a state of timelessness where you lose track of time. It's similar to when you are doing something you love, a frame of mind that I've heard people call "flow." In this state, you're able to just be in the present moment. This can also happen for some people in meditation. That liminal state is very calming to your nervous system and it can be very healing. When you have the tea ceremony at the end, it's a way of bringing you out of liminality and back into relationship with other people because you can't stay in a liminal state forever, it's just not practical.

BS: Is there a connection between teaching art and forest therapy?

CS: I think it's actually the facilitation piece. The part about teaching that I love the most is being able to facilitate growth and change and discovery in my students. I feel I'm in the same role as a forest therapy guide: I feel I can facilitate personal growth, even though as a forest therapy guide, all I really do is hold open the door, and the forest does the rest. And that's an important tenet of the ANFT's program, that we don't decide what kind of experience a person should have, we only create a space in which whatever needs to happen can happen. Which is similar to being an art teacher, similar to my method of teaching art, as a way of exploring the world. It's gratifying to be doing something positive because there is so much that is beyond my control and that can get discouraging, but I really try to remember that any little thing I can do is better than doing nothing.

Cayla Samano can be reached at: csamano83@gmail.com.
Her forest therapy website www.a2shinrinyoku.com, has more information about upcoming forest therapy walks and how to participate.

Ann Arbor Healers

Marcia Haarer Realization Process Psychotherapist and Senior Teacher

In the fall issue of The Crazy Wisdom Community Journal *we started a new column called Ann Arbor Healers, focusing on the healers in our community. Our first column celebrated Marcia Haarer. Look for our second Healers Column in the upcoming winter issue, featuring Greg Knollmeyer.*

By Laura Cowan

A Twenty-Year Healing

Since childhood, I have searched for healing for everything from migraines, to PTSD, to a severe back injury that was diagnosed as impossible to heal. With each injury or illness, I found a way through with the help of good medical care and many supportive healers—often out of the mainstream—who could help me get my life back. Eventually, I was diagnosed as having PTSD from psychological childhood abuse and a rare connective tissue disorder. My healing journey was long, and I needed a lot of gentle support to calm my body and untangle myself from a lot of harsh situations.

In short, I have had an extremely long road to wellness, and that makes me the person a lot of people come to for advice on certain types of healing modalities that might help their situation. I am not a doctor, but I am a journalist experienced at telling the stories of people's professional expertise in little understood fields from technology to wellness.

On my long healing journey, I worked for a couple of years with a unique therapist I wanted to introduce you to, because her perspective on healing might not only help you, but spark ideas of what is right for your own healing journey. Her name is Marcia Haarer, LMSW, and she labels herself a "Realization Process Therapist." I sat down to talk with her about what this means.

Haarer told me when we sat down, "I have been a therapist for 40 years, since my first job in community health. Ten years ago, I would have labeled myself a trauma-based therapist or an EMDR therapist." In 2010, Haarer started training with popular life coach Judith Blackstone in her embodiment method. "She is a psychologist who created a set of practices to help people experience the mindful field of consciousness that unites us and everything else in our bodies with the environment," Haarer explained. "In many ways, this is an ordinary sort of thing. Many of us attune to this field in nature. Standing in front of a beautiful tree, one can feel unity with nature, and it's restorative for us."

EMDR is an increasingly popular trauma therapy that allows a practitioner to walk a client through a traumatic memory while working with eye movements to unlock trauma that is frozen in the body. This allows processing and release of tension to heal the trauma rather than just talk about it until it has less emotional charge. EMDR and similar therapies are based in the theory that we somatize or lock traumatic memory into our muscles and bodily structures involved in the traumatic event, and that accessing the memory while performing different types of movement can release that frozen state of overwhelm from the body as well as the mind. It's hard to explain beyond just saying that before this therapy, my memories of the past were loops of near-death experiences and misery and tension, and after, they became part of a smoother narrative of everything I had overcome.

The Realization Process ties into this EMDR or other trauma therapies because it helps the individual have a sort of self-led aha moment that is shepherded by the therapist to happen in a safe space. Haarer explained the concept this way. She once worked with a woman who had been held up at gunpoint, and she felt frozen in fear because at the time it wasn't safe for her to move the gun out of her face. Haarer said that working with her client to realize the power of *not* moving the gun away in that situation to keep herself safe allowed her to regain a sense of agency in her own life. She paired that with practicing moving an artificial gun physically out of her face with her hand to unlock the protective movement in her body, which led to profound relief and the ability to move again in her own life and stand up for herself.

Haarer said that this processing isn't just for fear either. "Sadness can be metabolized," she explained. "I posed this question," Haarer said of one young man she helped. "What if your de-

pression isn't fixed? What if it has an original emotion underneath it?" The young man discovered the feeling had roots in his mother's depression during his childhood. He could visualize connecting with his mother in this unified field of consciousness that connected them through space and time and was able to disentangle her depression from his need to fix it. "He may always feel some sadness about his mother's depression," Haarer said, "but he can also feel love for himself."

Haarer said that, "in a sense, we inherit our parents' traumas. [Add] our own traumas, and we create holding patterns" that we use to cope. "If I make myself invisible, that bully on the playground can't hurt me as much," she said as another example. "Then I make myself invisible as an adult, too."

"In Realization Process therapy, you learn to attune to this mindful field within the vertical core of the body… where we are uniquely ourselves and unified at the same time," Haarer explained. "I find it's the safest space to live from, because it's where we are most resourced…. We don't just live in a field of oxygen—we live in a field of consciousness."

Haarer said her favorite thing about being a therapist is "creating a lasting aha experience with a client. As a therapist, I am let into the most intimate experiences of a person's life. If in the midst of that suffering and 'stuckness' we can make a connection that the client wasn't aware of before, that she didn't know was possible, then we've created the experience that real change is possible and right here, in this moment."

A good therapy match, according to Haarer, looks like this:

1) You feel like you're working hard.
2) You have a feeling of relief, you feel lighter.
3) There is some sort of aha experience, and you are learning something new about yourself, what's possible, and becoming more skillful.

Marcia Haarer, LMSW, practices on the west side of downtown Ann Arbor and can be reached by phone at (734) 668-6854. You can learn more about her services at marciahaarer.com.

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
September through December 2020 - Issue 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

What's Up In Our Community

A Conversation with Sian Owen-Cruise

Sian Owen-Cruise is the School Administrator for the Rudolf Steiner School of Ann Arbor. We asked her five questions about how she's experienced the school year so far and what she hopes to see in the future.

Rudolf Steiner School of Ann Arbor made the decision in August to return this school year with full time in-class learning. What evidence has shown you that this was the right decision?

The engagement and happiness of the students in our classrooms. We persevered through the remote period in the spring but it was clearly very difficult for many of our students—from the youngest to the high school students—to learn in the remote format. So much of education is more than just the academic content, it's the physical hands-on engagement with the subject, it's the emotional connection to teacher and classmates, and it's the joy of working things out with others.

This is all really limited in a remote environment. The level of appreciation and happiness to be in school that we are hearing from students and parents is what is making all the work to make in-person [education] worthwhile. And, it has been a great deal of work. Our students are co-horted into groups that are, at most, ten students in Grades 1 – 12. We have completely rearranged our teacher's lives to ensure that, especially for the youngest students, they only see three teachers during a day, rather than five or six. All of our students are masked, all are working to be as physically distanced as possible, and we have increased all of our school sanitation practices. This is not "regular" school but it does support the growth of healthy minds, spirits, and bodies in this challenging time. It is also made possible by the support of the school parents who are limiting the other things their students are doing, keeping them home with even minor cold symptoms and supporting our school policies.

I see many parents on social media lamenting about how much their children are missing out on because they aren't in school. Do you think this "loss" mindset is something we should perpetuate or should we change the focus to the opportunities we've had to create lasting memories for our children?

I think as adults it is easy to focus in on what we are missing—we are certainly guilty of that even though school is open for in-person instruction, but with no singing, no assemblies, and no field trips, for instance. It's a natural adult response to see what might have been and to want everything possible for our children. But children, especially the youngest, are much more focused on today and what is happening this week, rather than what might have happened in another year. I feel there is a balance here, needing to recognize the loss and the sadness that many of us—adults and children—feel about the inability to live our normal lives, but also to highlight to each other the opportunities, the things that are possible because of the unusual circumstances. This fall at our High School we were able

not personally risk returning to the classroom this fall, and they are on a mix of leave and working with our remote students (we have a remote program for about 20% of our students who did not feel comfortable returning to school this fall). For the teachers in the classrooms, we have some who are working very carefully to avoid being too close to students, wear N95 masks, and only visit the classroom, no other parts of the building. We have other teachers who are more comfortable and relaxed. We are having everyone who enters the building complete a symptom-checking process daily and supporting all paid staff, full and part-time, with paid leave for quarantine (allowing them to stay home if they have been exposed and not expose others in the community). So far, we have not had any problems, but we do anticipate cases as we go further into the winter, just looking at the surge of cases in the community, it seems inevitable. We are ready to respond when that happens.

to establish a garden that we have talked about for years, but never had the time to do. The inability to leave campus for field trips and activities gave us that time. That is a wonderful thing! I think it is also really important to acknowledge that every individual's experience of this pandemic is different. We have families that have loved the extra time together at home and families that have lost dearly-loved family members. As with all times in our lives, care for each other and understanding of the wide range of emotions and responses to this challenging time is our best way through it.

How are your teachers dealing with the risk of contracting Covid from the students and fellow teachers? Do you see signs of extreme worry and stress over contracting the illness? How are you helping them cope with it?

We have a wide range of teachers, with just as diverse a set of responses to this pandemic and the risk of contracting COVID-19. We do have two full time teachers who decided that they could

Continued on next page

What's Up In Our Community continued

If our governor decides to put a mandatory lock down in place again, what will a Steiner education look like?

We will return to remote education and make the very best of the situation. We learned a lot in the spring about what works and what does not. Faculty have figured out how to do lab experiments remotely, how to encourage new readers to keep progressing, and how to connect one-on-one to support students across the grades. We do feel that having been back in school for at least ten weeks will support remote learning if we need to return to it, as relationships between teachers and students, and among students, will have been strengthened and reestablished.

How do you see, or hope to see, the school year moving forward for all students?

Our responsibility as educators is to do everything we can to best serve the children in our care, and we need to do that regardless of the challenges and the context we find ourselves in. The children deserve our best possible efforts—and I see that all around us in Washtenaw County—in our school, but also in the public schools, and in our independent school colleagues.

Every system had to make the best decision for its specific situation and is rising to the challenges we are all facing. Every other Friday I am part of a Washtenaw Intermediate School District and Washtenaw Health Department school call. Every district and independent school in the county is represented and everyone is working so hard to meet the needs of their students. We are all trying to balance the health, educational, and social needs of the children we serve, and I really hope that by the spring, working together as an educational community, it will get a little easier for all of us.

Look a Little Deeper

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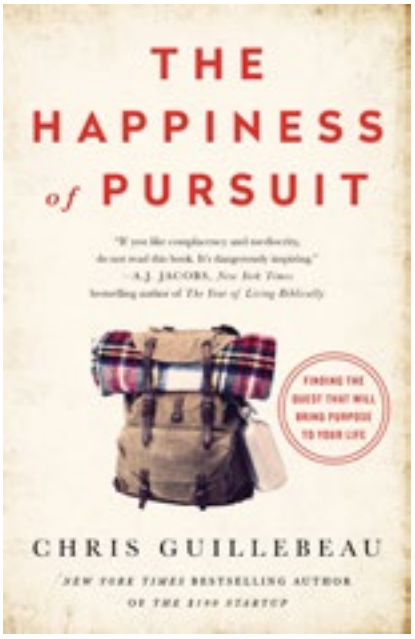
Crazy Wisdom Book Pick of the Week



The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life by Chris Guillebeau

When he set out to visit all of the planet's countries by age thirty-five, compulsive goal-seeker Chris Guillebeau never imagined that his journey's biggest revelation would be how many people like himself exist—each pursuing a challenging quest. These quests are as diverse as humanity itself, involving exploration, the pursuit of athletic or artistic excellence, or battling against injustice and poverty. Everywhere that Chris visited he found ordinary people working toward extraordinary goals, making daily down payments on their dreams. These "questers" included a suburban mom pursuing a wildly ambitious culinary project, a DJ producing the world's largest symphony, a young widower completing the tasks his wife would never accomplish—and scores of others writing themselves into the record books.

The more Chris spoke with these strivers, the more he began to appreciate the direct link between questing and long-term happiness, and he was compelled to complete a comprehensive study of the phenomenon.
A book that challenges each of us to take control—to make our lives be about something while at the same time remaining clear-eyed about the commitment—The Happiness of Pursuit will inspire readers of every age and aspiration. It's a playbook for making your life count.

Purchase your copy of *The Happiness Pursuit* at shopcrazywisdom.com.

The winter issue of *The Crazy Wisdom Community Journal* is coming! With articles on local happenings, artists, and practitioners. You don't want to miss it!

The Crazy Wisdom weekly Calendar

Animal Communication

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Channeling

Evenings with Aaron • November 18 • 7 p.m. An open session with Barbara Brodsky channeling Aaron. Talk followed by Q&A. All welcome; no registration necessary. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness meditation; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. For more information email om@deepspring.org or visit deepspring.org/evenings-with-aaron-fall2020.

Remembering Wholeness via Zoom • November 22• 2 p.m Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness: The powerful energy of The Mother gets transmitted as she looks directly at each person through the camera. Number of participants limited; register early. For more information email om@deepspring.org or visit deepspring.org/evenings-with-aaron-fall2020.

Energy Work

Light Worker Activation - Ongoing Wednesdays - with SANDYA - Sandra Shears • December 9 • 7 a.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. In person or online. For more information email sandya2033@yahoo.com.

Light Worker Development - 3rd Friday every month with SANDYA - Sandra Shears • December 9 • 7 p.m. • Group light work with current spiritual, astrological and energy events - includes energy adjustments, energy activation, and sound attunement. $100 per month on-going commitment; includes personal setup. For more information email sandya2033@yahoo.com.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • November 20 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels • November 22 • 6 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • November 22 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Healthy Boundaries • November 22 • 12 p.m • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Virtual Meditation, Yoga, and Martial Arts

Sunday and Tuesday Weekly Meditation • November 15 • 11 a.m. • Insight meditation offered via Zoom twice weekly: Sundays 11 am – noon; Wednesdays 9:00 am – 9:30 am, all times Eastern. No experience necessary; all levels of meditators welcome. No instruction. For more information email om@deepspring.org or visit deepspring.org/evenings-with-aaron-fall2020.

Get your calendar listings in
by Monday morning at
10 A.M. for the next
Crazy Wisdom Weekly Issue!
Send your listing in here.

Calendar Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented calendar editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year, and it includes a community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. You must own your own computer as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest and a resume with relevant work experience to Jennifer@crazywisdom.net.

(This job pays reasonably well, but it is a very part-time position.)

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

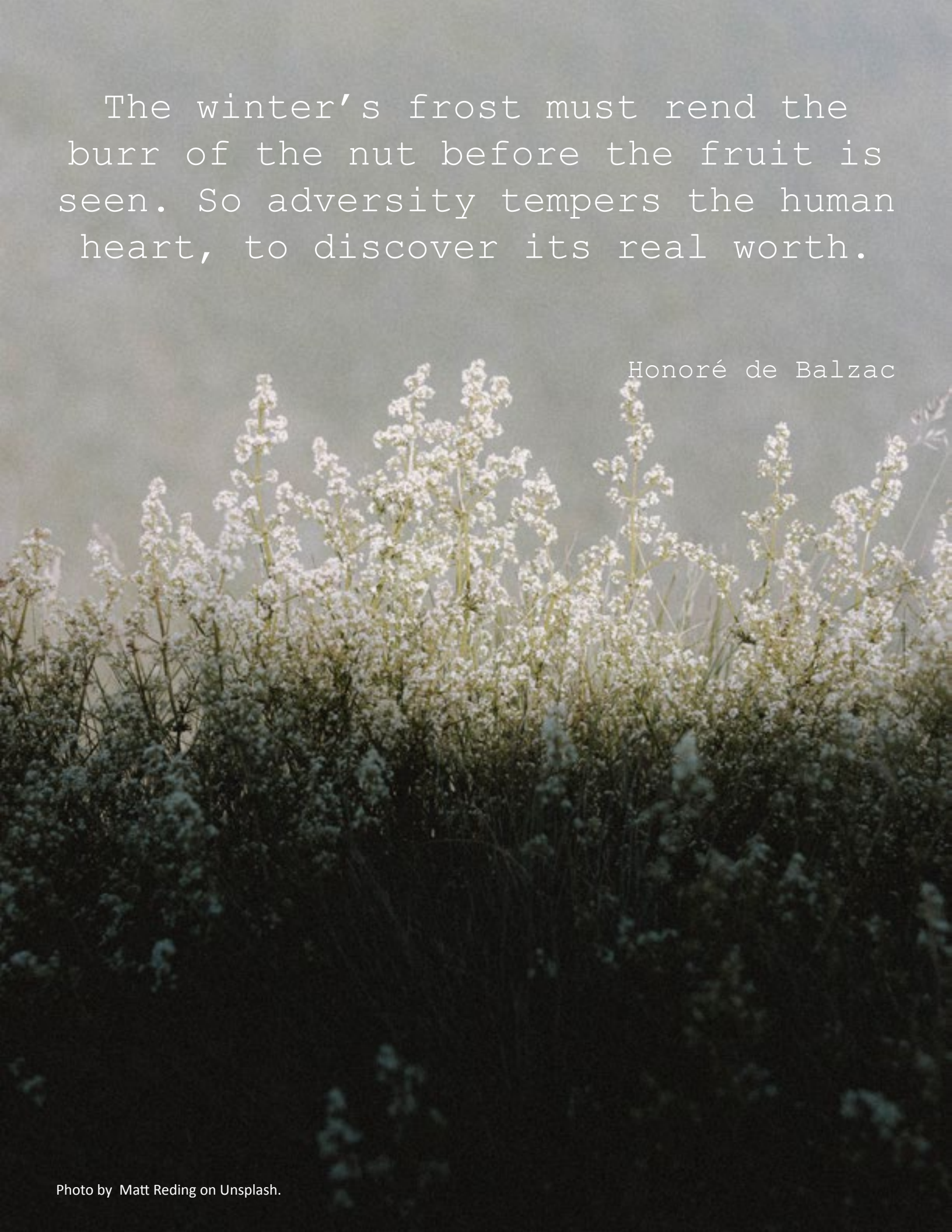

The winter’s frost must rend the burr of the nut before the fruit is seen. So adversity tempers the human heart, to discover its real worth.
Honoré de Balzac

Photo by Matt Reding on Unsplash.